

## APPENDIX A

**AIRBORNE REFRESHER TRAINING**

*Airborne refresher training is required for personnel who have not jumped within a 6-month period. The length of the refresher training depends on the proficiency of the parachutist. The minimum requirements are in Table A-1.*

PERIOD	HOURS	LESSON	TRAINING AIDS/EQUIPMENT
1	1	PLFS (FRONT, SIDE, AND REAR).	TWO-FOOT PLF PLATFORMS AND SAWDUST PIT.
2	1	FITTING AND WEARING THE MC1-1 PARACHUTE AND B-5/B-7 LIFE PRESERVERS. PACKING INDIVIDUAL WEAPONS/EQUIPMENT CONTAINERS.	TOE AND TDA EQUIPMENT, T-10C AND MC1-1B/C PARACHUTE ASSEMBLIES, B-5/B-7 LIFE PRESERVERS AND INDIVIDUAL WEAPONS/EQUIPMENT CONTAINERS.
3	1	MOCK DOOR TRAINING. SEQUENCE OF JUMP COMMANDS, FIRST TWO JUMP COMMANDS, FIRST TWO POINTS OF PERFORMANCE, AND METHODS OF RECOVERY.	MOCK DOOR STRUCTURE AND 5-FOOT STATIC LINES WITH SNAP HOOKS.
4	1	SUSPENDED HARNESS TRAINING, CONTROL OF CANOPY, TURNS, SLIPS, ENTANGLEMENTS, EMERGENCY LANDINGS, LANDING ATTITUDE, AND ACTIVATION OF THE RESERVE.	SUSPENDED HARNESS APPARATUS AND T-10C AND MC1-1B/C PARACHUTE HARNESES WITH RESERVES.
5	1	TOWER TRAINING. SEQUENCE OF FIRST THREE POINTS OF PERFORMANCE, RELEASING EQUIPMENT CONTAINERS, AND ACTIVATION OF RESERVE.	34-FOOT TOWER (IF AVAILABLE) AND TROOP PARACHUTE HARNESS.
6	1	PARACHUTE JUMP.	AIRCRAFT, PARACHUTES, DZ, UNIT EQUIPMENT, WEAPONS/EQUIPMENT CONTAINERS, AND SAND TABLE.

**Table A-1. Minimum requirements, airborne refresher training.**